



Nepalese & Indian Cuisine

Opening Hours

Sun 12.00 noon - 23.00

Mon- Sat 17.00 - 23.30

MENU

Strength Guide On Our Dishes

Mild 

Medium 

Medium to hot 

Hot 

Allergies






Some dishes may contains allergens please follow the signs below

Gluten		Dairy		Peanuts	
Nuts		Sesame		Eggs	
Celery		Soya		Sulphur Dioxide/Sulphites	
Lupin		Fish		Molluscs & Crustaceans	
Mustard					

WELCOME

Award winning chef Khadka Bahadur Ale has gained over 20 years of experience by working in high class restaurants all over the world. His experience has allowed him to obtain and refine his ability to conjure up innovative Nepalese and Indian dishes that are simply delectable. Our aim is to bring the best in Nepalese & Indian Cuisine with a modern twist on traditional method. Our dedicated chef continually refine and develop our recipes to the highest standards set by Cromwell's.

Appetizers

- 1. Cream of Tomato Soup**   **£2.95**
Served in a warmed bowl with a swirl of cream and bread croutons.
- 2. Mulligatawny** **£2.95**
A curry-flavoured soup of Anglo-Indian origin. It is regarded as the national soup of India. (Lentils Soup)
- 3. Papadoms** (Plain or Spicy) (Each) **£0.60**
- 4. Chutney Tray**   **£2.00**
- 5. Raita**  (Cucumber or mix) **£1.95**

Speciality Starters

- 6. Momo** (Lamb or Chicken)     (Nepalese Speciality) **£4.50**
This is a traditional delicacy in Tibet, Nepal and Bhutan. Minced chicken or lamb filling in a crescent shaped and cooked by steaming over a soup. Served with potato and sesame sauce.
- 7. Chilli Chicken**     (Nepalese Speciality) **£4.50**
Marinated chicken tikka, pan-fried with capsicum, onion, garlic, and green chillies.
- 8. Saloni Fish Tikka**   **£5.95**
Fresh salmon fillet marinated with yoghurt, lemon juice and Nepalese spices. Served in a specially prepared light sweet chilli sauce.
- 9. Tareko Machha**    (Nepalese Speciality) **£4.95**
Fish fillet marinated with Himalyan spices and herbs, then battered fried and served with salad.
- 10. Chilli King Prawn**     (Nepalese Speciality) **£6.25**
Marinated king prawns pan fried with fresh green chillies, garlic and spring onions. One of the most popular Chef's recipes.
- 11. Garlic Mushroom**    **£4.25**
Lightly spiced mushroom pan fried with garlic & onions.
- 12. Tandoori Lamb Chops**   (Nepalese Speciality) **£4.95**
Beautifully marinated Lamb Chops cooked in tandoori oven and served with Chef's special fresh mint chutney.
- 13. Nepali Sekuwa**   (Nepalese Speciality) **£4.95**
Succulent pieces of lamb marinated with homemade Nepalese spices and herbs and cooked in tandoori oven. Country style cooked Nepalese barbecued lamb.
- 14. Cromwell's Magic Tikka**  (Nepalese Speciality) **£4.95**
Succulent pieces of chicken marinated with garlic, ginger, green chillies, fresh mint, lemon juice, crushed cumin, herbs and hung yoghurt. Grilled in clay oven and served with salad.
- 15. Pan Fried Vegetable Manchurian**     **£3.95**
Crispy vegetable Pakoras, pan fried with a touch of garlic, ginger, spring onions, coriander with tamarind and balsamic reduction.
- 16. Garlic Chicken Tikka**   (Nepalese Speciality) **£4.50**
Diced pieces of chicken breast marinated in Nepalese spices and herbs. Then mixed with fresh lemon juice, fresh garlic and fenugreek. Cooked in a tandoor. A true Nepalese speciality.



Traditional Starters

- 17. Chicken Pakora** 🌶️ £3.95
Strips of chicken delicately coated in gram flour batter with Indian herbs and spices then deep fried. A true classic. Highly recommended.
- 18. Shahi Paneer Tikka** 🍷 🌶️ £4.25
Cottage cheese marinated with Nepalese herbs and spices. Then cooked in tandoor.
- 19. Prawn Puri** 🌱 🍷 🌶️ £3.95
Prawns cooked with spices and served with deep fried bread "Puri"
- 20. Samosa** 🌱 🌶️ (Meat or Vegetable) £2.95
- 21. Onion Bhaji** 🍷 🌶️ £2.95
- 22. Prawn Cocktail** 🍷 🍷 🍷 £3.50
Prawn cocktail served on a bed of green salad with dressing.
- 23. Mixed Kebab** 🍷 🌶️ (Seekh kebab, lamb tikka and chicken tikka) £4.50
- 24. Chicken Tikka** 🍷 🌶️ £3.50
- 25. Lamb Tikka** 🍷 🌶️ £3.95
- 26. Seekh kebab** 🌶️ £3.25




























Nepalese Speciality Main Dishes

- 27. Gurkhali Special** 🍷 🌶️ (Choice of Chicken or Lamb) £8.50
Home style lamb or chicken, Cooked with fresh garlic, green chillies. Then gently simmered in yoghurt with selection of Nepalese spices and herbs.
- 28. Cromwell's Special stir fried Fish** 🌱 🍷 🍷 🍷 🌶️ £9.95
Marinated diced fillet of fish stir-fried with Nepalese spices and herbs with lemon juice and spring onions. One of the most popular fried fish from Kathmandu Nepal.
- 29. Frontier** 🍷 🌶️ (Choice of Chicken/Lamb) £8.95
Cooked with chef's special onion tomato thick sauce in a wok, creating a mouth watering dish and aroma.
- 30. Chhole Parikar** 🌱 🌶️ 🌶️ (Choice of Chicken/Lamb/Tiger Prawn 🍷 /Vegetable/Paneer 🍷) £8.50
Country style Nepalese cooking with chickpeas, garlic, green chillies and herbs. Delicately flavoured with curry leaves and asafoetida.
- 31. Himalyan Curry** 🌱 🌶️ 🌶️ (Choice of Chicken/Lamb/Tiger Prawn 🍷 /Vegetable/Paneer 🍷) £8.50
Mouth watering pickled spices recipe garnished with slices of green chillies. Guaranteed to give the palate a savoury awakening.
- 32. Sangam** 🌱 🌶️ 🌶️ (Choice of Chicken/Lamb/Tiger Prawn 🍷 /Vegetable/Paneer 🍷) £8.50
Cooked in a spicy pickled sauce with spinach, vegetables, fresh herbs and native spices. A spicy but well balanced dish.
- 33. Chhate Milan** 🌶️ (Choice of Chicken/Lamb/Tiger Prawn 🍷 /Vegetable/Paneer 🍷) £8.50
A traditional Nepalese recipe with a fusion of spices including black pepper, lemon leaves and mushroom in coconut milk.
- 34. Chicken Lasun Khursani** 🌶️ 🌶️ 🌶️ £8.95
Tender Pieces of Chicken Cooked with Fresh Green Chillies, Garlic, and Spring Onions.
- 35. Royal Tawa** 🌶️ 🌶️ 🌶️ (Choice of Chicken or Lamb) £8.50
Lamb or chicken cooked in a finely chopped fresh ginger, garlic, pepper and red chilli sauce and a touch of barha masala providing a host of subtle flavours. Garnished with roasted garlic flakes.
- 36. Special mixed Tawa** 🍷 🍷 🌶️ £9.95
A combination of barbecued lamb, chicken and king prawns with ginger, garlic and onion in a medium thick sauce.
- 37. Lamb Bhutuwa** 🌶️ 🌶️ £8.95
Boneless lamb cooked with green herbs, spices and spring onions.











Indian Speciality Dishes

- 38. Murg Lababdar**  £7.95
Barbecued chicken cooked with mild creamy sauce and touch of honey.
- 39. Maska Chicken**   £8.50
Barbecued chicken cooked with minced lamb & spinach sauce.
- 40. Karahi**   (Choice of Chicken/Lamb/Prawn  /Paneer  / veg) £7.95
Cooked with garlic, ginger and garam masala, tomatoes, green peppers and fresh coriander.
- 41. House Special Karahi**    £9.95
Mixture of barbecued chicken, lamb, king prawn and sheekh kebab cooked with tomatoes, capsicum and fresh coriander in medium spices.
- 42. Keema Mattar**  £6.95
Minced lamb cooked with greenpeas, garlic, ginger, tomatoes, spices and herbs, garnished with coriander.
- 43. Patiala**    (Choice of Chicken/Lamb/Prawn  /Paneer  / veg) £8.50
Chef's special chopped masala simmered in an aromatic white gravy with ginger, garlic, onion, tomato and garnished with strips of ginger.
- 44. Garlic Chilli**     (Choice of Chicken/Lamb/Prawn  /Paneer  / veg) £8.50
A exquisite South Indian dish. Cooked with onion, capsicum and tomato fresh garlic, ginger, green chillies and coriander leaves.
- 45. Chicken Jalfrezi**   £7.95
Barbecued chicken cooked with peppers, onions, green chillies and special herbs.
- 46. Chicken Tikka Masala**   £7.50
Barbecued chicken cooked with butter, ground almond, fresh cream and chef's special masala sauce.
- 47. Special Mixed Balti**    £9.95
Barbecued chicken, lamb and king prawn cooked in a large iron wok and served directly to the table.

Traditional Main Dishes

	Vegetable /Paneer  /Prawn  /Chicken	Lamb	King Prawn 
48. Korma  	£6.95	£7.25	£10.95
49. Balti 	£6.95	£7.25	£10.95
50. Rogan Josh 	£6.95	£7.25	£10.95
51. Bhuna 	£6.95	£7.25	£10.95
52. Dhansak  	£6.95	£7.25	£10.95
53. Madras   	£6.95	£7.25	£10.95
54. Curry 	£6.95	£7.25	£10.95
55. Saagwala 	£6.95	£7.25	£10.95
56. Pasanda  	£6.95	£7.25	£10.95
57. Butter   	£6.95	£7.25	£10.95
58. Dupiaza 	£6.95	£7.25	£10.95
59. Pathia  	£6.95	£7.25	£10.95
60. Biryani 	£8.50	£8.95	£10.95
61. Special Mixed Biryani   	£10.95		

Tandoori Main Dishes

- 62. Tandoori King Prawn**    (Served with salad and Nan bread ) £12.95
- 63. Chicken Tikka**   £7.95
- 64. Tandoori Chicken (Half)**   £7.50
- 65. Chicken Shaslik**   £8.95

66. Mushroom Shashlik 🍷🌶️ **£7.50**

Specially marinated mushrooms cooked with mixed peppers, onions & tomatoes in a clay oven.

67. Tandoori Mixed Grill 🍷🍷🌶️ **£12.95**

A selections of tandoori king prawn, lamb tikka, tandoori chicken, sheekh kebab and chicken tikka, served with salad and (nan bread) 🍷

European Dishes

68. Chicken Steak (served with choice of mushroom sauce or pepper sauce) **£9.25**

69. Scampi 🍷🍷 (Served with salad & chips) **£7.50**

70. Fried Chicken and Chips 🍷🍷 **£7.50**

71. Chips **£1.95**

72. Green Salad (House Special mixed Salad) **£1.75**

Vegetable Dishes

(As a main dish £6.25 ♦ As a Side dish or starter £3.25)

73. Aloo Gobi 🌶️ (Potatoes cooked with cauliflower)

74. Aloo Simi 🌶️ (potatoes and green beans cooked in medium spicy – Nepalese style)

75. Mix Vegetables 🌶️ (House selection of vegetables)

76. Bombay Aloo 🌶️ (Spiced potatoes)

77. Bhindi Bhaji 🌶️ (Okra medium spicy, semi dry)

78. Saag Bhaji 🌶️

79. Saag Aloo 🍷🌶️

80. Saag Paneer 🍷🌶️

81. Mushroom Bhaji 🌶️

82. Chana Masala 🌶️ (Chickpeas cooked in medium spices with chopped onions)

83. Tarka Daal 🌶️ (Lentils cooked with garlic and spices)

Rice preparation

84. Plain Rice **£2.10**

85. Pilau Rice **£2.25**

86. Mushroom Rice **£2.50**

87. Egg Fried Rice 🍷🍷🍷 **£2.50**

88. Special Fried Rice 🍷🍷🍷 (Fried with egg, greenpeas and mushroom) **£2.95**

89. keema Pilau rice (Fried with onion and mince meat) **£2.95**

90. Kathmandu Rice 🍷🍷🍷🌶️🌶️ (Fried with garlic, green chilli and chicken) **£3.50**

Nan – Roti (Homemade Bread)

91. Plain Nan 🍷🍷 **£1.90**

92. Keema Nan 🍷🍷 (Bread stuffed with spiced mince meat) **£2.50**

93. Peshwari Nan 🍷🍷 (Bread stuffed with coconuts and seeds) **£2.25**

94. Garlic Nan 🍷🍷 **£2.25**

95. Masala Kulchha 🍷🍷 (Stuffed with marinated onions) **£2.25**

96. Paratha 🍷🍷 (Buttered and layered whole wheat bread) **£2.25**

97. Tandoori Roti/Chapati 🍷 **£1.75**

98. Cheese Nan 🍷🍷 **£2.50**

DRINKS MENU

White Wine
Driest - Sweetest



Red Wine
Easy Drinking - Full Bodied



Red Wines

01. Tres Altas Tempranillo shiraz (Spain) (B) £12.95
Full of cherry and strawberry fruit flavours. Good firm acidity.
02. Boar's Kloof Shiraz Cinsault (South Africa) (C) £13.95
An array of ripe berries following through in a juicy, well structured palate with a smooth finish.
03. Villa Rosa Merlot (Chille) (D) £15.95
Ripe juicy style, full smooth fruit flavours and delicate herbal notes.
04. Rioja (Spain) (C) £17.95
A classic seductive oak aged Rioja from the Bodegas Aldeanueva , with exhibit sweet plum and raspberry fruit finishing with cedar and vanilla in the palate of this red wine.
05. Domaine Astruc Malbec (France) (C) £19.95
A Powerful red wine from the Languedoc with rich flavours of plums, Mocha and blackcurrents finishing with sweet liquorice and spice.
06. Pinotage (South Africa)(B) £19.95
Deep garnet colour. Hints of dark fruits, chocolate and eucalyptus leading to a mix of fruit, chocolate and plums supported by soft tannins.
07. Fleurie (France) (A) £22.95
Elegant and fragrant with expressive raspberry fruit characters. Beautifully deep flavours, rich in berry notes such as raspberry and floral tones.



White Wines

08. Tres Altas Eva Sauvignon Blanc (Spain) (2) £12.95
Deliciously dry and fresh, delivering Sauvignon style fruit, with a splash of the Spanish secret grape.
09. Boar's Kloof Chenin Blanc (South Africa) (3) £13.95
Packed with up front tropical fruit. The nose has guava and gooseberries. The palate follows through with fruit flavours, with a crisp acid to ensure a fresh and fruity style of wine.
10. Pinot Grigio (Italy) (2) £15.95
Sharp, fruity, intense and delicate bouquet. Dry and rounded on the palate.
11. Puente Del Chardonnay (chile) (4) £15.95
A full Chardonnay with citrus notes that give tropical fruit flavours.
12. Whitehaven Sauvignon Blanc New zealand (3) £20.95
A full flavoured medium bodied wine with an abundance of currant and gooseberry flavours and a clean, lingering finish.
13. Chablis (France) (1) £22.95
Not a trace of oak, flinty on the nose with creamy fruit underneath, that gets richer as the mineral characters give way to a gentle fruity core.





Rose Wines

14. Pinot Grigio Rose £15.95
 Perfumed aromas of peach and rose. The palate is dry and balanced.
15. Cougars Moon White Zinfandel £15.95
 Youthful fruity aromas with hints of peaches and strawberries.
16. Canti Vino Rose £15.95
 A Shoft, refreshing rose with scented aromas and red berry fruit flavours.



Sparkling Wines & Champagne

Prosecco Sparkling Wine 75 cl	£19.95
Lanson Black Label Brut 75 cl	£41.95
Moët & Chandon Brut 75 cl	£44.95
Bollinger Special Cuvee 75 cl	£49.95

House Wine

	Small Glass 175ml	Large Glass 250 ml	Bottle
Red wine	£3.20	£3.95	£11.95
White Wine	£3.20	£3.95	£11.95
Rose Wine	£3.20	£3.95	£11.95

Draught

	Pint	Half
Cobra	£3.50	£1.80

Spirits & Shots

Mixer (coke/lemonade/soda/juice - £1.00)

Gin 35 ml	£3.00
Vodka 35 ml	£3.00
Rum 35 ml	£3.00
Bacardi 35 ml	£3.00
Jack Daniel's 35 ml	£3.25
Southern comfort 35 ml	£3.25
Scotch Whisky 35 ml	£3.00
Malibu 35 ml	£3.00
Archers 35 ml	£3.00
Pimm's 35 ml	£3.00
Martini(dry/rosso/Bianco) 50 ml	£2.50
Glenmorangie 35 ml	£3.25
Glenfiddich 35 ml	£3.25
Courvoisier 35 ml	£3.25
Martell VS 35 ml	£3.25
Rémy Martin VSOP 35 ml	£3.95

Liqueurs (35ml)

Amaretto 35 ml	£2.95
Sambuca 35 ml	£2.95
Tequila 35 ml	£2.95
Baileys 35 ml	£2.95
Cointreau 35 ml	£2.95
Tia Maria 35 ml	£2.95

Bottles(Beers, Ciders, Bitter)

Khukuri 660 ml	£4.95
Cobra 660 ml	£4.95
Cobra 330 ml(Alcohol free)	£2.50
Peroni 330 ml	£2.95
Magners 568ml	£3.95
Strongbow 300 ml	£2.95
Tetley's 500 ml	£3.50

Soft Drinks & Mineral

	Large	Small
Coke	£3.00	£1.50
Diet Coke	£3.00	£1.50
Lemonade	£3.00	£1.50
Orange Juice	£3.00	£1.50
Pineapple Juice	£3.00	£1.50
Apple Juice	£3.00	£1.50
Soda Water	£2.50	£1.50
Sparkling Water	£3.20	£1.60
Still Water	£3.20	£1.60
J20 275 ml		£2.50
Red Bull 225 ml		£2.95
Ginger Ale 150 ml		£1.60
Tonic Water 125 ml		£1.50
S/Tonic Water 125 ml		£1.50

